

988

SUICIDE
& CRISIS
LIFELINE

**No matter what
you're going through,
we're here for you.**

The 988 Lifeline's trained counselors can provide free, confidential support through thoughts of suicide, mental health crises, substance use concerns or any kind of emotional distress.

If you or someone you love needs help, call, text or chat 988. Anywhere. Anytime.

Learn more at WA988.org